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The Orthodox Herald

Celebrating our 42nd year

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SAINTS

According to an Eastern Orthodox Dictionary — a "SAINT" — is one who has led a pure and holy life and has been inscribed in the list of saints and whose memory is celebrated on a given day."

Then we have the explanation for All Saints Sunday, which comes on June 13 this year. We are told that "The Sunday following on that of the Pentecost is consecrated to all the Saints, specially to those in whose honor no special celebration has been instituted, on account of their numbers, or because of their names being unknown. With this day ends the series of movable services."

The saints have been a part of the Church almost from the beginning. Christians have admired them, followed them, learned from them, and celebrated them as examples of Christian life. And part of their appeal, at least for Orthodox, has been the belief that they could provide heavenly help for earthly troubles.

The earliest saints were martyrs. A short time later "confessors" those who risked their lives by publically acknowledging their faith were added. They weren't necessarily killed and tortured for their faith as were the martyrs.

The stories of these heroes and heroines inspired those left behind to persevere in the faith. At the same time, the martyrs were also seen as a source of great power for their fellow Christians. Their intercession was sought in private prayer and in public services for curing illness, averting disaster, bringing about forgiveness of sin, and in general helping out those Christians still languishing on earth. The power was thought to be especially strong in the place where the saint's body was buried — or, eventually, some part of the body, or some material touched to the body, a relic.

Altars were built on the spot of their burial and later relics were put into an altar table or in an antimens which is often described as a portable altar.

The third century philosopher Origen

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There are blessing unnumbered about us;
like the leaves of the forest they grow.
And the fault is our own, not the Giver's,
that we have not an Eden below.

ACTION BEFORE ACTING

How do you organize your life? How do you decide what you are going to do? How do you judge between conflicting responsibilities? The decisions of life are tough when we are faced with two needs that are equally good, just as necessary and demanding the same time or resources.

We know that how we act or the decisions which we make show who and what we are. We know that action is absolutely important and necessary. If our action is important — how we come to make the decision to act in certain ways is equally important. The action before we act should be prayer. For it guides us in deciding how to make the decision. Prayer as is meant here is not necessarily formalized into nice neat words. It may be more like a scream or it might be more like cold-blooded planning.

Prayer is creation. It is taking people, a situation, their needs, our needs, possibilities and limitations and stewing about all of it. That creation comes when we decide that acting in this particular way will be beneficial in the situation.

Another way of thinking about prayer is as struggle. Prayer is where we struggle with life, with meaning, with our sense of values. Prayer is how we struggle to become more fully human. We see Who Jesus is. We know He calls us to do as He did. We know that to really live life is to live it as He did.

So we model our decisions in our lives as He taught. And we ask for grace to remember to do this. Then we act bringing our prayer to action.

PENTECOST

The word **Pentecost** comes from the Greek meaning **fifty**.

The Jews had a great festival which they called the Pentecost. It fell on the fiftieth day after Passover and was one of the three festivals to which every Jewish man was legally bound to come to Jerusalem.

According to Acts 2, the Apostles of Jesus came to Jerusalem to fulfill the law. They met in an upper room. Church tradition tells us that they were joined by the Mother of God, Mary and in ikons of the Pentecost we see her depicted with the Apostles. The Book of Acts tells us that; "...suddenly there came a sound from heaven, as of a rushing mighty wind, and it filled the whole house where they were sitting. Then there appeared to them divided tongues, as of fire, and one sat upon each of them. And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance."

These startling "acts of God" as we would call them today may have frightened those present but they soon felt strengthened and full of joy and energy as the power of the Holy Spirit flooded their beings. They immediately dashed out to share the message of Jesus with the thousands of other pilgrims who had come to Jerusalem for this great Jewish Pentecost. They were so convincing and inspired that they were able to reach many hearts for we are told that "then those who gladly received his word were baptized and that day about three thousand souls were added to them." **The Christian Church was born! Its first sermons were preached!**

The Holy Spirit has inspired many since that first Christian Pentecost. The Church has grown throughout the centuries and has spread throughout most of the earth.

The Holy Spirit. We are constantly reminded about his place in our lives as a prayer to the Holy Spirit is included in our daily prayers. The prayer is based on

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News CHRONOLOGY

June 1993

IN ST. AUGUSTINE, FLORIDA a celebration will be held this month celebrating the 225th year since Dr. Andrew Turnbull of Great Britain landed on June 26 with 1,400 indentured servants, 500 of them Greek, to establish a colony in New Smyrna. Events are being scheduled at the St. Photius National Shrine.

DIED: **Pani Anna Hanas,** wife of Fr. Michael Hanas, retired from Pittsburgh. **Archimandrite Lazarus Moore** in Alaska. He was the author and translator of many books. Among them: **The Ladder of the Divine Ascent** and **The Arena.**

INTERESTING QUESTIONS were formulated at the World FELLOWSHIP OF ORTHODOX YOUTH meeting in Spetses, Greece in August 1988. Over 150 Orthodox from 11 local Orthodox churches from 23 countries listed 28 problems which were then sent to Orthodox bishops worldwide. No Orthodox bishop in America has responded. Some questions regarding personal participation in the Church were: 23.) How can we give concrete pastoral guidance to people while helping them to understand, accept and learn the authentic freedom given in Christ? For instance, can we encourage regular and continuing reflection in this spirit on general ethical themes such as sexuality, marriage or our relation to money and profits; as well as on such specific topics as divorce, abortion, etc.? 24.) In view of the confusing variety of teaching and traditions in our local churches concerning fasting, how should we understand and practice authentic fasting? 25.) In view of the bewildering and often contradictory teachings and traditions concerning preparation for, and frequency of, receiving Holy Communion in our local Churches, can we not work towards a fundamental consensus on the place and practice of the Eucharist in our Church life?

For a full questionnaire write: SYNDESMOS General Secretariat, 12 Bd. Desgranges Esc. 6, 92330 Sceaux, France.

A HISTORY BOOK of the Holy Trinity Cathedral of Chicago was issued on the occasion of its 100th year in the Windy City. The beautiful hard covered book can be obtained for $29.95 from Cathedral Bookstore, 1121 N. Leavitt St., Chicago, IL 60622.

STUDY at the American University in Moscow. Professors from the Moscow State Univ., Russian Academy of Sciences and other institutions of higher learning, will teach comprehensive courses in Russian language, business, science and liberal arts among other disciplines. Write the American Univ., 1800 Connecticut Ave., M NW, Washington, DC 20009 or call (202) 362-7855 or Fax (202) 364-0200.

A RESOURCE GUIDE FOR EASTERN ORTHODOX CHRISTIANS, 2 Green Tree Lane, Dover, NJ 07801 is a good booklet to have in your desk. It has a listing of many Orthodox publications, addresses where Orthodox supplies can be purchased including vestments, icons, greeting cards, gifts, etc. Send $1.75 to above address.

EASTERN ORTHODOX SCOUTS, both Boy and Girl, hold a yearly retreat. In 1992 over 350 adults and scouts attended the one held at St. Basil's Academy, which is located on the Hudson River across from West Point. Scouts and Campfire members are encouraged to attend the 1993 retreat. Contact EOCS, 10 East 79th St., NY 10021 (212-570-3560) or Eocs Chairman at (716-761-7003).

FOOD FOR HUNGRY PEOPLE is overseen by the Antiochian Orthodox Church. Money collected has been sent to many organizations and places from the starving in Somalia to those devasted by Hurricane Andrew. For information or to send donations, write to Robin Lynn Nicholas, 4237 Dundee Dr., Los Angeles, CA 90027.

THE FELLOWSHIP OF ORTHODOX YOUTH IN POLAND, 2 Liniarskiego St., 15-420 Bialystok, Poland is in dire need of Orthodox publications and books. The Fellowship is active in promoting Orthodoxy and informing Orthodox who have been without religious education for so many years. Orthodoxy still faces discrimination and persecution in Poland.

IN THE REPUBLIC OF MOLDAVIA the Metropolia of Basarabia has been reactivated. There has developed much tension between the Patriarchs of Moscow and Romania over this action.

THE HANDICAPPED CHILD IN CHURCH SCHOOL is an article available from Fr. George Alberts, P.O. Box 174, Centuck Station, Yonkers, NY 10710.

THE DATE FOR THE WORLD DAY OF ORTHODOX YOUTH was set at a meeting of Syndesmos in Paris. The 2nd of February was selected.

A SERVICE FOR VICTIMS OF ABORTION can be ordered from Oklahoma Orthodox Christians For Life, 3600 Jones Blvd., Oklahoma City, OK 73135 or call 405-787-6313. This is a 26 page booklet which is complete with music and rubrics.

AT THE ANNUAL MEETING OF THE U.S. NATIONAL COUNCIL OF CHURCHES, Fr. Leonid Kishkovsky stated that Orthodox Churches hold on biblical and moral grounds that homosexual behavior is sinful, but oppose "attitudes or actions that are hateful or violent towards homosexuals."

A SMALL SCALE ALCOHOLISM AND DRUG REHABILITATION CENTER is being established in New Mexico. Open to Orthodox clergy and laity, St. Michael's Skete is a facility of the Monastery of the Glorious Ascension. For info write: DOXA, St. Michael's Skete, Canones, NM 87516.

A RUSSIAN MISSION IN ALASKA STAMP is being petitioned. Alaska Congressman Don Young is showing some interest to the stamp proposed by Congress of Russian Americans, 1511 K Street, Suite 910, Washington, DC 20005.

TIN CUP OR RIVER OF WATER

Do you sometimes feel "dry" in your spiritual life? Most Christians have periods when they pray, but nothing much happens; they read the Bible but it just doesn't come alive. They go to church on Sunday and worship, but by Tuesday the inspiration has gone.

Our gardens get dry and need water. We must water the vegetables and flowers in the hot, dry summer months to keep them alive and growing. Our neighbors would be puzzled if we were to water the garden tin cup by tin cup when there is a water spigot nearby with hose connected from which we could get a constant, full stream of water.

Yet don't we often do this with our spiritual lives? Don't we try to grow, and serve, and pray, and witness by the tin cup supply, when Jesus promised the Holy Spirit to be in us a "river of living water?"

The Holy Spirit, of whom we hear so much at Pentecost, is at work, offering us the power to resist evil and do good; to become saintly; to teach, preach and witness persuasively; to pray effectively; and to renew our vitality in dry spells.

"But you shall receive power, after that the Holy Spirit is come upon you; and you shall be witnesses unto me both in Jerusalem and in all seasons, which the Father has put in His own power." Acts 1:7.

PRESS FUND

You are helping us to keep publishing. Spasebo — thank you: Sonia Kotrady, A. Cholod, Joseph Horoschak, Mary Ann Undercofler, Daniel Holovach, Vera Vrabel, Paul Godfrey, Alexandra Spanovic, Dorothy Genoni, Lillian Soroka, Dr. and Mrs. Frank Rusinko, Jr., Aunt Anna Glovach, Anna Rosko, Marcus Chichura. Marian Glovinsky with an Easter Donation, Helen Magyari, Ann Worobey, Anna Kosct, Irene Allen, Eva Mae Ross, Michael Prokopchak, Helen Trafan, Olga Dzendzel, Helen Cudlic, Ethel Watlock. Steve and Lenora Evancho in memory of parents (listed) and friend Irene Tus and for health of friends and relatives (listed). Michael Bondarchuk in memory of and prayers for (listed) deceased family members. Cousin Mary Sapovchak and friend Anastazia Zahirsky in memory of Olga Kuyon. Helen Cudlic in memory of her daughter and college friends who were killed in an auto accident in Arizona and her sister-in-law Mary Federko, Velma Bova in memory of Andy Gernat Family. A. C. Arthure Reilly for prayers for wife Sophie who is ill. Helen Cudlic for health of her brother Theodore and sister-in-law Bette Fedora. Juliana Kuzmack in memory of her beloved husband John, Anon (9).

HOW THE APOSTLES DIED

The Apostles Peter and Paul are honored on June 30/July 13. On the day following this we honor the Twelve Apostles. This day is called the Synaxis or gathering together of all the Apostles for honor.

What happened to these men about whom we sing in the Kondak for the day: "Their voices went out throughout the earth and their words to the far ends of the world"?

According to tradition:

Matthew suffered martyrdom by being slain with a sword at a distant city of Ethiopia.

Mark expired at Alexandria, after being cruelly dragged through the streets of that city.

Luke was hanged upon an olive tree in the classic land of Greece.

John was put in a cauldron of boiling oil, but escaped death in a miraculous manner and was afterward banished to Patmos.

Peter was crucified at Rome with his head downward.

James the Greater was beheaded at Jerusalem.

James the Less was thrown from a lofty pinnacle of the temple and then beaten to death with a fuller's club.

Bartholomew was flayed alive.

Andrew was bound to a cross, whence he preached to his persecutors until he died.

Thomas was run through the body with a lance at Coromandel in the East Indies.

Jude was shot to death with arrows.

Matthias was first stoned and then beheaded.

Barnabas of the Gentiles was stoned to death at Salonica.

Paul, after various tortures and persecutions, was beheaded at Rome by the Emperor Nero.

Such was the fate of the Apostles.

THE SACRAMENT OF HOLY CONFESSION
(No. 4)

Turning the pages of the New Testament we find many incidents of the Lord's forgiving ministry. His life on earth was a continuous chain, whose every link is an immense expression of forgiveness. Even on the Cross, while suffering He said, "Father forgive them for they know not what they do." (Luke 23:34)

St. John the Baptist began with the preaching of repentance. "Repent, for the Kingdom of Heaven is at hand." (Matt. 3:2).

St. Peter, on the Day of Pentecost, preached repentance to the multitudes saying, "Repent and be baptized, every one of you ... for the remission of sins, and ye shall receive the Gift of the Holy Spirit." (Acts 2:38).

Today the Sacrament of Confession is an admirable institution of psychotherapy. It raises us after our spiritual falls in the past and offers new opportunities for the future; only it must be done with a sincere self-examination before the mirror of the Divine Law.

"As a man baptized by a Priest receives illumination by the grace of the Holy Spirit, the same way the penitent confessing his sins receives forgiveness through the Priest by the grace of Christ."

St. Athanasius (Fourth Century)

St. Ambrose writes to those who doubted the Priest's authority to forgive sins.

"Since you think that forgiving sins is not permitted to man, one will ask you — Why are you baptized by the same man?"

This series on "The Sacrament of Holy Confession" has been taken from the book **The Seven Sacraments of The Greek Orthodox Church** and was written by Fr. Philip G. Gialopsos. A copy may be obtained from Life and Light Publishing Co., P.O. Box 26421, Minneapolis, MN 55426.

A FATHER'S IMAGE

4 years: My Daddy can do anything!
7 years: My Dad knows a lot ... a whole lot.
8 years: My father does not know quite everything.
12 years: Oh well, naturally Father does not know that either.
14 years: Oh, Father? He is hopelessly old-fashioned.
21 years: Oh, that man — he is out of date!
25 years: He knows a little bit about it, but not much.
30 years: I must find out what Dad thinks about it.
35 years: Before we decide, we will get Dad's idea first.
50 years: What would Dad have thought about that?
60 years: My Dad knew literally everything!
65 years: I wish I could talk it over with Dad once more.

Dabs of Thoughts

The Apostles Fast begins one week after Pentecost and ends on the vigil of SS. Peter and Paul Day. Many of our people call it simply "Peter's Fast." It is observed in memory of the fact that the Apostles fasted before they went forth to preach the Gospel.

The Orthodox Church has followed the early Christian practice of using a council as the chief means by which the Bishops fulfill their tasks (Acts 15:6-29). This is called the "synodical system." The Greek words syn (together) and odos (road) together literally mean "to travel together." Metaphorically, the word means to "do things together, especially in councils and meetings." We see this system applied in the early Church with the election of the replacement for Judas by Matthias (Acts 1:15-26) and the election of the Deacons (Acts 6:1-7).

The pansy (viola tricolor) is called the "Trinity Flower" in many parts of Europe because of the three parts of its flower.

Of course the Orthodox believe in the Bible! There is even a very reverent and meaningful custom which highlights the Gospel Book. It is beautifully and richly ornamented and usually rests on the altar table in front of the reserved sacrament container. When it is carried in procession it is held above the head of the priest or deacon not at chest level. Before the reading of the Gospel and Epistle we are reminded of the importance of Scripture in our lives by the celebrant exclaiming: "Wisdom! Be Attentive!"

If your day is hemmed with prayer, it is less likely to unravel.

What greater ornament to a son than a father's glory, or to a father than a son's honorable conduct?

As long as there is such a thing as final exams there will be prayer in the schools.

Without faith, we are as stained glass windows in the dark.

•Saints

offered theological justification for the invocation or "calling upon" the saints. He explained that for those who have died and are with Christ, the Christian virtues are brought to fulfillment.

Soon to qualify as a saint one needed to have lived a virtuous life and to have the power to work miracles. This is one of the criteria today.

Today, we see many being inscribed in the list of saints. This is true not only in the U.S. but in countries where the Church is finally free after decades of suppression and persecution. Many martyrs are again being found among the newly listed.

Among some Orthodox the belief or interest in saints is almost gone. They are indifferent to them because they feel that the veneration of saints is a piety whose time has passed.

But there are others who are renewing their interest in the saints. As one person wrote: "We ask the saints to pray with us, not for us — while we pray ourselves, too. We're not asking them to run interference for us. We're asking them to pray with us, the same way we pray together in a prayer group."

As we listen to the Gospel from Matthew 10 on the Sunday of All Saints we realize that it is a selection of the sayings of Jesus which relate to living a holy life. We are told of the personal renunciations which we might have to make. Read after Pentecost and the Descent of the Holy Spirit we come to realize that the saints are clothed in the light and power of the Holy Spirit. We ask this same Spirit to abide in us.

•Pentecost

John 1:15-19,26. It reads: "O heavenly King, the Comforter, the Spirit of Truth, Who are everywhere present, and fillest all things; Treasury of blessings and Giver of life. Come and abide in us, and cleanse us from every stain and save our souls, O Good One."

Unlike the Apostles, and unlike those who witnessed the first Christian Pentecost, we cannot rely on the dramatic and unusual showing of the Spirit's power as related in Acts 2. We have to look into our everyday lives to discover his workings.

A PRAYER IN GRIEF

"Let not your hearts be troubled; ye believe in God, believe also in me." St. John 14:1

Almighty God, my heart is sad. What I had hoped and prayed would not happen has come to pass, and I am beside myself with grief. The sun rises and I am not filled with its light. Night comes and the darkness closes in. The one I loved is gone and something of me is gone too..

The places remain that we knew so well and who can I tell? Who has ever known me so well, understood my silences, and read my glances like a book? Where shall I turn? I turn to pray and am too wrapped up in myself. I do not want to be bitter, but oh, how this loss stings, and the tears come, and the hours weigh me down like great boulders in deep water.

O thou, who in Christ Jesus art able to deliver the righteous into peace, flood over the burning sorrow of my soul. Aid me to trust thee as I take the next step, as I eat the next meal alone, if need be, as I go through the activities of the day.

Thy Word bespeaks Presence. Comfort me, my God, as only thou canst. Enfold me, just now, close to thy side.

Through the conqueror of sorrow, Christ Jesus. Amen.

ALASKA FUND

The Orthodox Church in Alaska will be in the church news very much this year because of the coming 200th year anniversary since the missionaries from Russia established the Church. Unfortunately, it still needs much missionary help. We have been trying to help for the past 40 years, almost a quarter of the time of the Orthodox presence. We have been doing this with your help to this fund. This month, along with some others, the following have helped: Vera Vrabel, Helen Magyari, Ann Worobey, Mary Kappel, Olga Peck, Dr. and Mrs. Frank Rusinko, Jr., Mitch Morris, John Bench, Jr., Eva Mae Ross, Michael Prokopchak, Anonymous, Olga Dzendzel, Ethel Watlock, Joseph Horoschak. Helen Chura Nowosadko in memory of her parents Nicholas and Orina Chura. Mary Pavlicek in memory of John and Anna Karlecke. Lois Mazurek in celebration of the 84th birthday of Ann Mazurik of Marblehead, OH on March 23. Robert Roth in honor of his adopted student Stephen Epchook of Alaska for finishing his first year at St. Herman's Seminary successfully. Kerya Brisbine for health of Lenore Evancho, Elizabeth Uhrin and Claudia Sulin.



EDITORS' NOTES

There are over 20 Orthodox Churches within the greater Scranton/Wilkes-Barre, Pennsylvania area. There was one four-line notice of services about the celebration of Easter/Pascha by the Orthodox in the local paper. When inquiry was made about the time of services we were told: "We don't bother advertising the time. It's not needed. **Our people know** because it's the same time every year." True the people who have attended year after year might know the time of services but what of the thousands of people living in the area who don't even know there is such a thing as the Orthodox Church and have no idea that Easter/Pascha is celebrated on a different Sunday? We are tired of hearing that "Orthodoxy is the best kept secret in America" and no action being taken to tell this secret.

If the local paper, with about 50,000 subscribers, won't cover or give any space a whole page could be purchased for about $1500, which would take about $50 to $100 for a parish to contribute. What a statement it would make!

Perhaps this is not necessary. We have found that most papers are only too happy to accommodate a church and print an article about Holy Days or happenings in the Orthodox Church if the article is well written and contains material which is interesting. We have used English for years; we have many educated people capable of writing these articles. Why are we so complacent about our faith? It is of little benefit to have slogans like "Harvest 2000" if we don't do any sowing. It is a waste of time, money and energy to plan an elaborate 200 years of Orthodoxy in America if we keep all this to ourselves.

This is painful to write because we believe that the Orthodox Church has much to give. We would not have dedicated our lives to publishing **The Orthodox Herald** if we did not believe this with our whole heart and soul.

It is good to receive notes from you. We recently heard from a subscriber who is 91 years old. Is there anyone older who is subscribing. The youngest correspondent-reader is 14. Can any of these be beat?

God Be with You all,

Father and Matushka Stroyen

ABOUT PENTECOST

1. Pentecost is one of the 12 Major Holy Days in the Church.
2. The word Pentecost comes from the Greek word for fifty.
3. Pentecost is often celebrated as the birthday of the Church.
4. Three thousand people were baptized on the first Pentecost Day.
5. Our forefathers sometimes called Pentecost "The Green Holy Day" or "Zeleny Svjata".
6. The Church is decorated with green branches, leaves and grasses. The stirring of the leaves by the wind reminds us of the Holy Spirit and the rustling is symbolic of the movement of the Holy Spirit. The sweet smell of grass reminds us of the sweetness of the grace of God given to us by the Holy Spirit.
7. We decorate our home or front door with branches or wreaths of green. We do for Christmas, why not Pentecost?
8. The whole week following Pentecost is free from abstinance and fasting. We can eat meat even on Wednesday and Friday.
9. Because of the greatness of the Feast, the Church changes the routine scheduling of services. This is also true at Pascha/Easter. On Pentecost Sunday, the Vespers with the kneeling prayers follow the Divine Liturgy without any break-in time.
10. The kneeling prayers are the first time we kneel in prayer since Pascha/Easter.
11. The prayer to the Holy Spirit is "O heavenly King," or "Tz arju Nebesny."
12. Pentecost is a movable day. Always on Sunday coming 50 days after Pascha/Easter. This year it is celebrated on June 6.

ETHNIC CHUCKLE

Dorohaya Tyota Maria:

I guess zhe te dumala zhe ya leaveovala svit yak ya nye pisala sooner. Ále ya bula taka busy na holidays, e ya mala mali mishap zhe ya neznala chi ya coming or going.

Tam tyi Thursday noon, ya bula babysitting. Everything ishlo O.K., yak ya noticesovala zhe baby chokuyhe. Ya dostala so excited, ya grabnula babyu, e turnovala kid upside down, e trepem, e trepem, a ona estche chokuyhe.

Ya dala yey egg z mlikom, a ona yestche kickovala. Potom ona dostala quiet. Ya zvedala yey; "Chto te swallowvala?" Ona kaze: "Soap." Ale ya tnikuyem ked be bulo soap ti ne be chokovala so long.

Potom ya noticeovala zhe safety pin missuye od stola. Ya dostala scared e pytam zash: "Chto ty swallowvala?" Ona kazhe - "soapy pin."

Ya thinkovala shto ya scrazuyu. Ya dumala dati ye dirty dish water. Ya grabuvala yey nohe, holduyem yey ruky, e then ya nemala druhu ruku trimati yey nos. Ya sobrala babyu e putovala yey na table e ya leanovala na kid e spillovala dish vodu do yey mouth e ona stala makeovati mali bubelsi.

Ya po callovala doctora, on powil me shto ya mam brati kid do hospitalya na X-rayse. X-rays buli O.K., e ya vzala babyu domyu. Ya bula taka happy zhe nich ne yest wrong, i na drugu hand taka mad zhe ona scareovala mene.

Ya learnovala taki lesson zhe never zabudem. Ya nikole budyu watchovati kidsy anymore. Moye babysitting days pishle het.

Budte zdorovy,
Hanya.

QUESTION ANSWERED

We receive many questions at the "Herald" office. Recently we were asked what kind of food should be served at Memorial Meals following a funeral or a memorial service panahida or parastas. This was intriguing to research since I remember my father saying that a lenten menu with fish should be served. I can also remember that in the 40's this custom was followed. It is rare now to find this followed.

We found that there is no official church regulation about food aside from serving the kutia/kolivo, made with honey which may have been blessed at the parastas where this is customary. The serving of a lenten meal with fish, however, is a long standing custom and may have two origins. One, it tells us in the gospel of Luke 24:41 which is read on Ascension Day that Jesus came to the Apostles after His Resurrection and He asked them for food. They gave Him a piece of broiled fish and some honeycomb. The second reason may be that the meal is a reserved and subdued one. Fasting foods and fish convey this mood.



Tourists into Russia or the Ukraine always request sirniki for breakfast. These are a type of cottage-cheese patties which are fried and served with sour cream and jam. I received a cookbook from the Protection of the Holy Virgin Church, 95 Mountain View Ave., Santa Rosa, CA 95407 which has an easy to make recipe for sirniki. This book also has about 50 other Russian recipes besides many Romanian, Middle-East, Greek, etc. The book has two indexes, one for recipes, the other division by nationalities. For a copy send $15 for a postpaid copy and help the building fund.

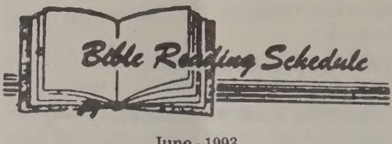
Sirniki

1 lb. baker's cheese
1 egg
¼ tsp. salt
2 Tbls. sugar
3 Tbls. flour

Mix well. Roll in extra flour (not listed in ingredients), flatten and fry. Makes 10. These are nice served with sour cream or jam.

A WIFE'S PRAYER FOR HER HUSBAND

Lord, bless and preserve my cherished husband whom you have given to me; let his life be long and blessed, comfortable and holy; let me ever be a blessing, a comfort to him, a sharer in all his sorrows, a consolation in all the trials of life; make me forever dear to him; unite his heart to mine in fondest love and holiness and mine to him in all sweetness and charity. Keep me from all ungentleness; make me humble and obedient to you that we may delight in each other according to your blessed word. May both of us rejoice in you, having our portion in the love and service of God forever. Amen.



June - 1993

1. Acts 21:26-32
2. 23:1-11
3. 25:13-19
4. 27:1-44
5. 28:1-31
6. **2:1-11 Pentecost Sunday**
7. Eph 5:8-19
8. Romans 1:1-7,13-17
9. 1:18-27
10. 1:28-2:9
11. 2:14-29
12. 1:7-12
13. **Heb 11:33-12:2 Sunday**
14. Romans 2:28-3:18
15. 4:4-12
16. 4:13-25
17. 5:10-16
18. 5:17-6:2
19. 3:19-26
20. **2:10-16 Sunday**
21. 7:1-13
22. 7:14-8:2
23. 8:2-13
24. 8:22-27
25. 9:6-19
26. 3:28-4:3
27. **5:1-10 Sunday**
28. 9:18-33
29. 10:11-27; 11:1
30. 11:2-12

BIBLE STUDY

Do you remember the bumper stickers so many people had on their autos? As you passed the cars did you wonder whether those in the car adhered to the saying on the bumper sticker? For instance ... **Slava Isusu Christu**. Did these people really give Glory to Jesus Christ? Or **Honk if you love Jesus**. Did you ever honk at this car and get a scowl from those in the car?

How many offices have you gone to and found slogans hanging on the wall. The axioms such as Honesty is the Best Policy or Think or Truth is Golden join others too numerous to mention. Do those in the office really ever see the slogans? Do they make them more honest, reflective or truthful?

How about the latest fad of wearing T-shirts printed with messages of all type? When we pass people wearing some of these we wonder what type of people they are.

Why is it that we use these methods to tell others what we believe, or what we stand for, and then promptly forget to act on the message we carry?

The Pharisees did something similar. They wrote Scriptures on the hem of their robes. The broader the hem, the more Scriptures, and the more pious they appeared. But these were the same ones whom Jesus accused of devouring widows' houses. He was hardest on this one group of people.

Many people are guilty of the same thing when they underline the good passages in their Bibles or books on religion. For example, they may underline Luke 12:33, where it says they should sell all their possessions and give it to the poor — but, of course, that will be done sometime in the future. Some underline Luke 12:25, where it speaks of the futility of worry, but they still worry — quite a lot. Why is that?

It appears that St. Paul had the same problem when he wrote to the Romans (7:19): I do those things I know I should not do and don't do those things I know I should.

Perhaps, bumper stickers, wallhangings, and printed T-shirts are not so bad themselves. Perhaps we should notice their message occasionally, and discard those which have no meaning for us.

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